

Stir Fry Vegetables

You Need:



broccoli



carrot



pea pods



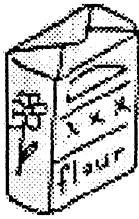
mushrooms



1 Tb.
soy sauce



2 Tb. oil



1 Tb. flour



Tablespoon



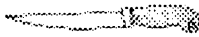
bowl



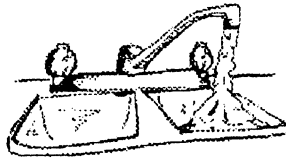
liquid
measuring cup



peeler



sharp knife



1 Tb. water



cutting board

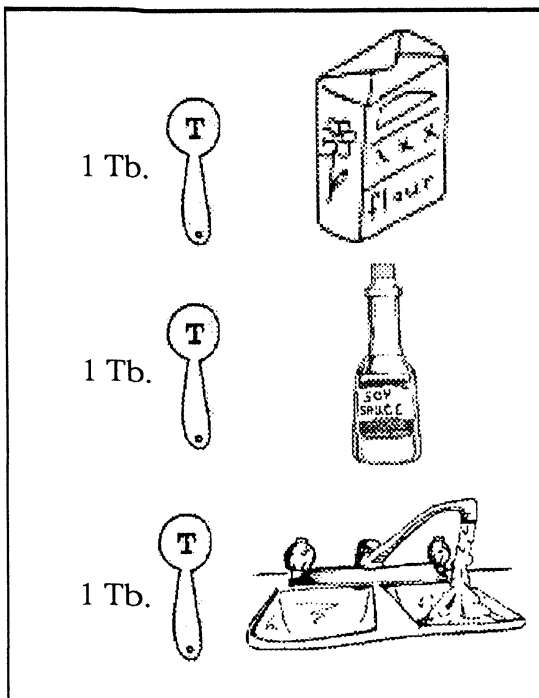


frypan



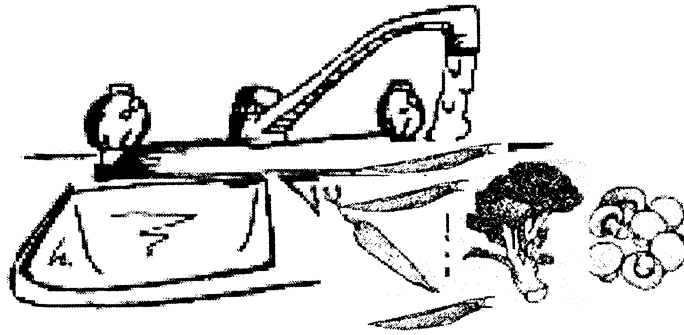
wooden spoon

1.





In a liquid measuring cup add 1 Tb. flour, 1 Tb. soy sauce, and 1 Tb. water. Stir well.


2.




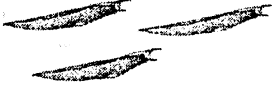
Wash all of the vegetables under COLD water.





Peel carrot and cut lengthwise into 1 1/2" sticks and add into a bowl.

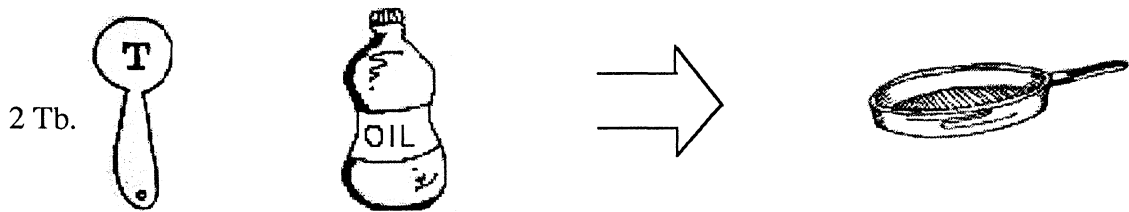

Slice the mushrooms and add to the bowl.


Cut up broccoli into medium size pieces and add to the bowl.


Add the pea pods to the bowl.

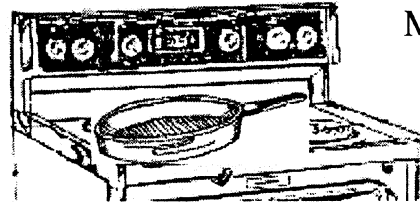
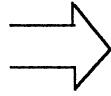


3.



Add 2 Tb. oil to frying pan.

4.

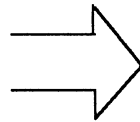


MED HIGH



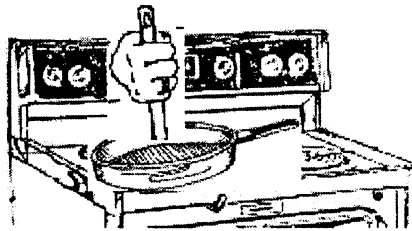
Put frying pan on burner on top of stove and turn heat to MED HIGH.

5.

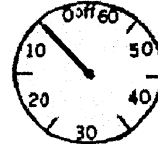


When oil is HOT, add vegetables to the frypan.

6.

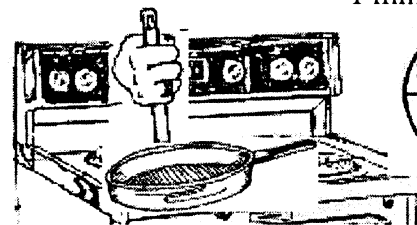
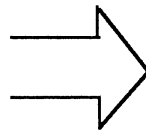


4 - 5 minutes

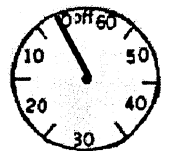


Cook vegetables for 4 - 5 minutes stirring the whole time.

7.

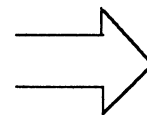


1 minute



Spoon vegetables to the sides of the pan and pour flour mixture from liquid measuring cup into the center of vegetables. Cook about 1 minute. Stir sauce and vegetables together until sauce is thickened.

8.



Turn stove OFF and serve vegetables on a plate.

STIR FRY VEGETABLES

You Need:

broccoli
pea pods
carrot
mushrooms
1 Tb. soy sauce
2 Tb. oil
1 Tb. flour
1 Tb. water

Tablespoon
liquid measuring cup
bowl
peeler
frypan
knife
cutting board
wooden spoon

1. In a liquid measuring cup add 1 Tb. flour, 1 Tb. soy sauce and 1 Tb. water. Stir well.
2. Wash all of the vegetables under COLD water. Peel carrot and cut lengthwise 1 1/2" sticks and add to a bowl. Slice the mushrooms and add to the bowl. Cut up broccoli into medium size pieces and add to the bowl. Add the pea pods to the bowl.
3. Add 2 Tb. oil to frypan.
4. Put frypan on burner on top of stove and turn heat to MEDIUM HIGH.
5. When oil is HOT, add vegetables to the frypan.
6. Cook vegetables for 4 - 5 minutes stirring the whole time.
7. Spoon vegetables to the side of the pan and pour flour mixture from liquid measuring cup into the center of the vegetables. Cook about 1 minute. Stir sauce and vegetables together until sauce is thickened.
8. Turn stove OFF and serve vegetables on a plate.